

FIT FOR LIFE !

September 2006

*Brunswick County Government— Our Best Health For You
In Brunswick... from the Wellness Committee!*

CAMP WELLNESS STATS!

- **265 PARTICIPANTS IN AT LEAST ONE EVENT!**
- **100 ATTENDED 3 EVENTS OR MORE**
- **THANKS TO THE WELLNESS COMMITTEE**

OVERWEIGHT AND OBESITY IN THE US.

During the past 20 years, obesity among adults has risen significantly in the United States. The latest data from the National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older—over 60 million people—are obese. This increase is not limited to adults. The percentage of young people who are overweight has more than tripled since 1980. Among children and teens aged 6–19 years, 16 percent (over 9 million young people) are considered overweight.

These increasing rates raise concern because of their implications for Americans' health. Being overweight or obese increases the risk of many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Although one of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%, current data indicate that the situation is worsening rather than improving.

Article adapted from the Center for Disease Control website

FREE HEALTH EXAMS!

SATURDAY— September 16th, 2006— 9a-4p

SUNDAY— September 17th, 2006-9a-2p

BRUNSWICK COUNTY HEALTH DEPARTMENT

- ◆ Adult Physical Exams
- ◆ Blood Pressure Checks
- ◆ Cardiac Risk Assessment
- ◆ Child Physical Exams
- ◆ Cholesterol Screening
- ◆ Dental Exams
- ◆ Dental Sealant—(grades 2-6)- Appts required— call 253-2293
- ◆ Dermatologist
- ◆ Eye Exams
- ◆ Foot Exams— Saturday am only
- ◆ Glucose Screening
- ◆ Hearing Exams
- ◆ Immunizations
- ◆ Mammograms— Appts. Required— call 253-2311
- ◆ Orthopedic Exams
- ◆ Car Seat Safety Check— Noon-3pm

WANT TO WIN SOME GREAT PRIZES?

COMPLETE A HEALTH RISK ASSESSMENT

Your participation will make you eligible for one of 5 great prizes ranging values from \$25-\$75. The raffle is sponsored by the County Health Plan through NCACC. Here's all you have to do:

- 1) Sign on at www.myCIGNA.com
- 2) If you haven't registered at myCIGNA.com yet, click on the "Register Now" button on the far left of the web page. If you have signed up for myCIGNA.com, just put in your username and password.
- 3) Once you have put in your username and password, you come to the main myCIGNA.com web page. Click on the "Health Resources/WedMD" link near the upper right of the page.
- 4) On the second arrow down (in the middle of the web page), click on "Health Risk Assessment."
- 5) Complete the Health Risk Assessment by Friday, September 29th
- 6) Cross your fingers and hope that you are one of the lucky winners!

Raffle drawing will take place on Wednesday, October 4th and every one that completed the Health Risk Assessment from 8-28 through 9-29-06, will be eligible! Prize winners will be announced by the Human Resources Department.



A REFRESHING RECIPE FROM EAST AFRICA

COMPLEMENTS OF JOHN HOBGOOD

East African Salad

This Tanzanian side-dish is refreshing in the heat of summer or whenever the temperature is on the warm side.

Ingredients:

- 1 large onion
- 3 large tomatoes
- 1-2 carrots
- 1 cucumber
- lemon juice
- salt.

Thinly slice onions, almost transparent.

Thinly slice tomatoes into irregular pieces (NOT slices as one would cut for hamburgers)

Use peeler utensil to get thin cuts of carrot and cucumber

The amount of vegetables and proportions to one another depends on amount you wish to make and your preferences.

Drench mixed vegetables with lemon juice and sprinkle with salt to taste.

Cool in refrigerator until served.



HELP US CLEAN UP BRUNSWICK COUNTY!

The Solid Waste Department can use your help in keeping Brunswick County clean and green!

- ◆ On Saturday, September 16th, from 9am-2pm, the Brunswick County Solid Waste will be hosting its Fall Household Hazardous Waste Collection at the Wal-Mart in Southport. All Household Hazardous Waste will be collected at no charge to residents. Electronics will also be collected for recycling and clothing will be collected and donated to a local charitable organization.
- ◆ On Saturday, October 7th, Keep Brunswick County Beautiful and Brunswick Solid Waste and Recycling will join forces with North Carolina Big Sweep to rid our waterways and beaches of litter. If you would like to participate, please contact Jennifer Whitley at 910-253-2524.
- ◆ The Solid Waste and Recycling Department will be hosting its Fall Free Week at the Brunswick County Landfill September 11th – 16th. During this time, Brunswick County Residents can dispose of items, with the exception of regular household trash, for free.



PARKS AND RECREATION OFFERS EMPLOYEE BOWLING LEAGUE!

If you want to get involved in our employee bowling league starting 10/5/06 please contact the Parks and Recreation Department by September 28th. There is no league fee and you only pay \$8.50 for 3 games. Play is at the Brunswick Bowling Center in Shallotte and is for 8 weeks. If you have any questions, contact Eric Jelinski at ext. 2676. What a great to get healthy and have fun!

FIND YOUR STOMACH HAVING THE GROWL ATTACKS?

5 foods to fend off hunger pains

Foods high on the satiety scale work to keep hunger pains at bay. Sensible portions with a high water content naturally work to satisfy us, with fewer calories. Try these foods to fend off stomach rumblings:

1. Watermelon and other high water-content fruits
2. Fiber packed fruits
3. Broth-based soups and stews packed with vegetables
4. Whole-wheat pastas with sautéed vegetables (choose seasonal squashes, zucchini, broccoli, and garlic); lentils
5. Leafy green salads with a sprinkle of low-fat cheddar or mozzarella cheese and fresh blueberries, raspberries, mandarin oranges, or pineapples used for flavoring instead of a fatty dressing.

If you don't like these try:

Chomp on some sugarless gum, keep some saltine crackers on hand or eat lightly several times during the day rather than waiting for 3 meals.

RECOGNIZING A STROKE VICTIM

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke . . . totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank goodness for the sense to remember the "3" steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S * Ask the individual to **SMILE**.
- T * Ask the person to **TALK to SPEAK A SIMPLE SENTENCE** - (Coherently) (i.e. . . It is sunny out today)
- R * Ask him or her to **RAISE BOTH ARMS**.

NOTE: Another 'sign' of a stroke is this: Ask the person to stick out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call 911 immediately !! and describe the symptoms to the dispatcher.



HOW DO CIGARETTE'S GET TO BE A HABIT?

Brain signals flow along neurons to all the parts of your body. They carry instructions like move your leg. Neurons are not connected to each other. The signals flow from neuron to neuron by chemical messengers. Nicotine changes how those messages are received. Nicotine attaches to the receiving end of the nerve cells, to what they call the receptor sites. After a short time, the nicotine damages the receptor sites. The damaged receptors cannot receive signals well unless nicotine is present. That's why smokers tell you they need a smoke. They're getting a fix— adding nicotine to their neurons' receptor sites so their nerves will work again.

When people quit smoking, they can have a hard time because their neurons aren't working right. It's hard work. It takes time without nicotine in the system for the receptor sites to heal.

If you know people who are working to quit, give them plenty of room to be cranky, mean or weird. Be patient. Don't make demands on them and offer your support and strokes. They need to heal.

From an article in the Star News— August 14th, 2006